

By WOODS HUTCHINSON---

*(Eminent Physician Whose Sensible Discourses on Health, Hygiene and Disease Have Been Followed with General Interest)*

**"Intelligent Idleness Is One of the Great Secrets of Success and the Time We Lose We Gain When We Take a Day Off to Nurse the Usually Ignored Common Cold—A Day in Bed, in Such Case, Saves Nine—Hot Baths, Taken Promptly, Will Help."**

hot baths taken promptly at the very first sign of shiveriness, stretchiness, headache and backache and "all-overishness," or what the darbies call "ginnul misery," may be sufficient to turn the scale and make all the difference between a severe, prolonged and dangerous attack and a mild one.

To get the best effects in breaking up a cold or other fever, the bath should be no hurried plunge and scrub, but a long, luxurious, saturating soak, kept up just as long as it produces an increasing sense of comfort.

***When Cooling Baths Are Better.***

It will give better results and be borne longer with

comfort if a gentis but considerable now or fresh water at, or slightly above, the desired temperature is kept up all through the bath, for the steam effects upon the surface of the body are most soothing and restful.

One caution should, however, be given, and that is that the best effects from the bath will be obtained either at the beginning or in the decline of a cold.

If the first or three or four baths do not break up the cold and diminish the fever, there will come a period of perhaps two or three days in the height of the fever when they will seem to rather add to the discomfort of the patient, and tepid or even slightly cool baths, that is, setting in the tub at a comfortable warmth and letting

Heat and moisture internally are also very helpful in breaking up a cold in the form of hot drinks, hot lemonade, linseed tea, hot soups and broths, hot milk, even the diabolical "yarb" teas.

It makes little difference what they are flavored with so long as they are hot, wet and taken by the quart.

**Medicine Makes You Feel Better.**

Any intelligent physician can suggest a prescription to be kept in the family medicine chest and used in emergencies of this class, ranging all the way from the old-fashioned Dovers powder and quinine to the more modern novaspirin, phenacetin and hexamethylin, when, while it is doubtful whether they have any positive effect upon the infection itself, unquestionably make the patient very much more comfortable during its course.

Almost anything may happen after a cold, but there are two or three rather common results which are of interest and importance, largely because they are very

apt to be overlooked and hence not guarded against.

First and most obvious comes that distressing and offensive condition known as catarrh, or, in technical argot, chronic rhinitis. We all know what catarrh is, many of us from personal experience, but we perhaps fail to recognize that practically every case of the common forms starts from an uncured attack of common cold.

**SH WIT BOLSTERS  
OLDER JUDAISM**

**OLDER JUDAISM**  
 ries in Dr. O'Danger's "Raisins and  
 ls," However, Are Too Recent to  
 in Folk Lore, Says Zangwill.

**ZANGWILL.**  
 iber of "Children  
 discusses the  
 r of the Jew.)

ing at all means that you are happy  
 about it.  
 "Then the next phrase, 'delivered  
 of.' Surely your mother will under-  
 stand that. She will not think the  
 boy has fallen from heaven. And

DEUTSCH, of finally, why put 'a boy'? The very fact that one troubles to telegraph shows that it is a boy. A daughter would have been no rejoicing."

The shadchan, or marriage broker, stories are particularly amusing, though I am not certain that at last one does not come by a roundabout way from a story of my own. It will be a righteous revenge to annex some of the others in future stories.

A shy young man who was sent

usually in the  
invented the term  
nally. Presumably  
m of the Ghetto,"

olivranger, of Cape-  
made a valuable  
the study of this  
use under a title  
true Hebrews  
and Almonds"  
Mandlem.")

to make the acquaintance of a pro-  
posed bride was advised by his  
father to speak to her first of love,  
second of family affairs, and finally  
to throw in a little philosophy.

After the dinner, when the other  
guests had departed and left the  
couple alone, the young man pro-  
ceeded to follow his father's advice.  
First he said: "Do you love lek-  
schen?" (macaroni). On her reply-  
ing, he proceeded: "Have you a  
brother?"

**INTERNATIONAL JOKE.**

And when she replied that she had not, he felt that love and family matters being exhausted, the time had come for philosophy. So he said: "Supposing you had a brother, would he have loved lockeschen?"

Exactly the same dialogue is, however, with the substitution of cheese for lockeschen, put into the mouth of Lord Dunsenry in the famous English comedy of "Our American Cousin." Confess your method

have to find with  
er is this perhaps  
there are many  
which lack an old  
und and are too  
some already folk-  
e involved in the  
of Telegram" is  
que.  
to a young wife,  
acing in the room.  
d wished to tele-

ther. He wrote, delivered of a boy," his father-in-law, are certainly noancy sending such how many unyou have put. Do you suppose imagine you have about a strange "happily." Could telegraphed "unyour telegraph-